

Theme: Crawl

by [Heidi Mordhorst](#) in the [February 9, 2022](#) issue

*a villanelle*

The middle path before me like a beam:  
On one side nothing; on the other all.  
To balance here is harder than it seems.

Take a step or two through greyish gleam.  
Black and white on either side. I fall.  
Mount again the middle path, the beam.

It's narrow here. I hold to the regime.  
The effort runs a bath of cortisol.  
To balance here's more stressful than it seems.

I should relax. To help avoid extremes,  
A little snack, a little alcohol.  
The middle path invites me like a beam.

I feel my way again. It's never clean.  
The path is clouded. Hesitate and stall.  
This balancing could rip me at the seams.

Now *and* never. Push-pull. That's the dream.  
Less is more. Moderation protocol.  
The middle path before me like a beam.  
To balance here is smarter than it seems.